

Harvest of the Month



Michigan **Nutrition** Network
at Michigan Fitness Foundation

BLUEBERRIES



RASPBERRIES



BLACKBERRIES

BERRIES

Circle all berries on the menu.

- How many did you circle?
- How many are red?
- How many are blue/purple?
- What is your favorite berry?

EAT YOUR BERRIES

Berry Delicious

There are many kinds of berries. They taste great fresh, frozen, canned, and dried. And, they can be eaten with breakfast, lunch, and dinner, or as snacks and for dessert! Find these varieties and forms of berries in the word search puzzle. Then, write down all the different ways you like to eat berries.

BLACKBERRY	FRESH	KIWI
BLUEBERRY	FROZEN	RASPBERRY
CANNED	FRUIT	RED CURRANT
CRANBERRY	JUICE	STRAWBERRY

S	T	R	A	W	B	E	R	R	Y	E	A
C	B	F	U	N	R	B	F	R	E	S	H
R	R	L	P	L	A	D	L	E	Y	B	R
E	F	A	U	S	S	W	R	Z	N	L	A
D	J	K	N	E	P	E	D	A	I	A	Y
C	B	Z	Q	B	B	I	W	I	K	C	K
U	B	N	C	E	E	E	V	E	B	K	Q
R	Q	E	A	F	R	R	R	S	V	B	J
R	T	Z	N	Y	R	Y	R	R	K	E	U
A	B	O	N	O	Y	U	G	Y	Y	R	I
N	M	R	E	H	J	D	I	R	A	R	C
T	J	F	D	D	T	H	Q	T	R	Y	E

How do you like to eat berries? _____

Reasons to Eat Berries

A ½ cup of sliced berries has lots of vitamin C.

Eating a ½ cup of berries – like strawberries, blackberries, blueberries, and raspberries – is also a good way to get fiber and manganese. Berries are rich in phytochemicals, which help you stay healthy.

Phytochemical Champions*

Berries, broccoli, carrots, cauliflower, collard greens, garlic, grapefruit, kiwifruit, limes, nuts, onions, pumpkin, sweet potatoes, and whole grains.

*Phytochemical Champions are rich in phytochemicals.

How Much Do I Need?

A ½ cup of berries is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day.

Look at the chart below to find out how much you need. Write it down on a paper and set a goal for how many fruits and vegetables you will eat each day. You can also set a goal to be active for at least 60 minutes. Look at your goals every day to remind yourself to be healthy.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day.

Visit www.choosemyplate.gov to learn more.



Funded by USDA Supplemental Nutrition Assistance Program through State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the Michigan Food Assistance Program Hotline: (855) ASK-MICH.

Nutrition Facts

Serving Size: ½ cup blueberries (74g)

Calories 42 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

